

# Quick Training Tips

Connie Bandy Hodge | *cbh-inc fitness*

It's that time of year, time to get back to a training schedule in order to have a successful racing season. How do we get started? What should we do?

Let's start with a simple weekly plan. We are going to schedule running, swimming, biking and strength training into our week. The objective during this preseason period is to establish consistency with our training to attain a solid base fitness level.

In your weekly schedule, identify the times that are open for you to train. Then schedule a swim, bike, run, and strength training session 2-3 times per week, EACH. Here is a sample weekly plan with three/week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run	bike	run	bike	run	bike	off
Lift	swim	lift	swim	lift	swim	

This time of year, these workout sessions do not need to be long or intense, they need to be regular. Regular like brushing your teeth. You must establish a disciplined commitment to your training that is not overwhelming. You may bike or run 20-30 min at a time. You may swim 15-20 min each session. Strength training can be done in 20-30 minutes. The intensity level for all should be low to moderate. We are establishing a routine and a base fitness level. So, for the first four weeks, you can start your preseason with 1 hour a day of training and a day off. Also, be sure to get 6-8 hours of sleep each night.

Let's get started!